

# Technical Bulletin

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## ***Subject: Use of Self-Retracting Lifelines with In-line Lanyards***

The use of energy absorbing or simple lanyards connected in line with Capital Safety Self-Retracting Lifelines (SRL's) is **not recommended**. There are several concerns regarding this lanyard/SRL combination, including:

- 1. Compatibility:** The practices of attaching snap hook to snap hook, or snap hook to web/rope/cable loop is not recommended. This type of connection is not compatible, and could cause roll-out to occur, especially if the locking action on the snap hook does not function properly.
- 2. Free Fall:** The addition of an extension lanyard between the SRL snap hook and the harness connection D-ring can potentially cause an undetected free fall if the fall occurs with the SRL fully retracted and lanyard is slack. The undetected free fall will produce higher arresting forces and potentially damage the SRL.
- 3. Fall Distance:** An increase in the total fall distance may occur when a lanyard is used in-line with the SRL. Extension of the lanyard and slack in the line can increase fall distance and allow the attached worker to contact a lower level or obstruction.
- 4. Retraction:** The added weight of the in-line lanyard may prematurely weaken the SRL's retraction spring and cause increased repair cost. Reduced retraction can cause a slack line resulting in increased fall distances and arresting forces.

A number of other concerns may apply to a specific application. Capital Safety recommends having the SRL's snap hook connected directly to the user's body support. If needed, a shock absorber (maximum 300mm length) can be used to connect/disconnect the SRL to the body support and provide a compatible connection point for the SRL snap hook.

For applications where the SRL is anchored behind the user and the line does not pay out vertically, Capital Safety Australia recommends that a **Z6 shock absorber** be connected in-line between the harness dorsal D-ring and the SRL's snap hook. **DO NOT** use energy absorbing lanyards or simple lanyards for this purpose. Examples of applications include flat roof and leading edge work. (See Technical Bulletins SRL001AU and SRL007AU)

All applicable user instructions must be reviewed and followed. Employee training shall be conducted to help ensure a safe working environment.

All Capital Safety SRL's contain a built-in shock absorbing device, which automatically reduces the arresting forces. Please contact Capital Safety regarding applications that may require an in-line shock absorber.